

Red Monster Soup

Makes: 12 or 48 Servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Onion, chopped		1 cup		4 cups
Olive oil		2 Tbsp		1/2 cup
Carrots, chopped		1 cup		4 cups
Tomatoes, chopped		2 cups		8 cups
Bay leaves		2		8
Thyme		1 tsp		4 tsp
Parsley		1 tsp		4 tsp
Sugar		1 tsp		4 tsp
Chicken or vegetable broth, canned, reduced sodium		6 cups		24 cups
Yogurt, plain, low-fat		4-1/2 cups		18 cups

Nutrition Information

Nutrients	Amount
Calories	77
Total Fat	2 g
Saturated Fat	N/A
Cholesterol	1 mg
Sodium	74 mg
Total Carbohydrate	10 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Pepper, black

1 tsp

4 tsp

Directions

1. In a large stockpot, sauté onion in olive oil over medium heat, until clear (about 5 minutes).
2. Add broth, carrots, tomatoes, bay leaves, thyme and parsley.
3. Allow to simmer for 25 minutes.
4. Allow soup to cool.
5. Stir in sugar, pepper and yogurt.

Notes

Serving Tips:

Making your own soup can decrease the amount of salt and allows you to add any ingredients you like.

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware